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# Halifax metro



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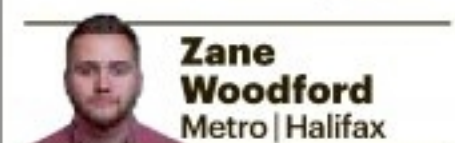


Jim Cuddy, left, and Greg Keelor take the stage at the Scotiabank Centre Wednesday. **For a photo gallery, go to [metronews.ca/halifax](http://metronews.ca/halifax).**

JEFF HARPER/METRO

### COUNCIL

## Marathon meetings OK: Mayor



**Zane Woodford**  
Metro | Halifax

Halifax regional council has sat through a pair of marathon meetings in the last few weeks, but the mayor doesn't think that means council needs to meet more often.

In 2014, council started meeting biweekly, rather than weekly.

Mayor Mike Savage said in an interview Wednesday he doesn't think there's any need to switch back, but that's up to council.

"If they think it's time to switch, we can try something different, but I wouldn't do it now based just on the last couple of weeks," he said.

"We'll monitor it and keep our eye on it, but I think it's OK."

Savage said it's hard to predict how long certain agenda items will take, and some meetings just take longer.

"Sometimes they're quick and sometimes they're not," he said.

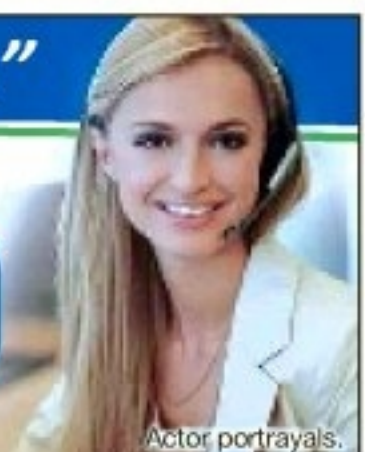
**More coverage, page 4**



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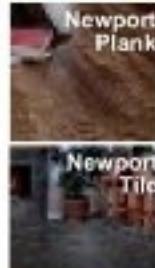
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# Dalhousie University has 'a big time rat problem': Students

## EDUCATION

### Rodents found scurrying inside school's meal hall

Dylan DesRoches  
For Metro | Halifax

When Connor Johnson went to eat at Howe Hall last week, he says he was shocked by what he saw.

The 21-year-old computer science student had just sat down in meal hall to enjoy a cup of tea, when he noticed rats scurrying out of a nearby vent.

"I was staring directly at the vent that they were coming out of," he said.

"They were definitely rats."

Johnson lives in Risley Hall and normally eats there, but that meal hall was closed during reading week, meaning he went over to Howe Hall.

The rat sighting left Johnson wishing he could go back to eating at Risley.

"I didn't really want to eat at Howe Hall anymore," he said.

"It's also a little annoying because I knew that I was going to have to spend the entire reading week eating there."

He had another encounter with the rodents later in the week.



GETTY IMAGES

Johnson said he and other students saw another rodent near the

kitchen.

"Near the pizza area, and then I seen another two that evening," he said.

Johnson told a meal

hall staff member about the problem, and he was told there is nothing they can do.

In response he filed a complaint with the Nova Scotia Department of Agriculture, Food Protection and Enforcement Division.

"I think they need to replace that vent and if it's still a problem after that, they need to call an exterminator," he said.

"I'm not really one for killing things but it's kind of a



Dalhousie University's Howe Hall. Recent rat sightings are not the first time students have spoken up about the issue, having filed a complaint in 2015 stating mice lived in the building. JEFF HARPER/METRO FILE



I thought of them as mice but then I realized they're way too big to be mice. Connor Johnson

safety issue."

Johnson is not the only student on campus upset by the presence of rats in Howe Hall.

"There's a big-time rat problem," said Ryan Trudeau, who lives in Howe Hall.

"You always see these big rats in the cafeteria, just run-

ning around."

Trudeau describes the furry creatures as about a foot long and said you often hear them running in the ceiling.

"In the study lounges you always hear them running around."

This isn't the first time stu-

## + RESPONSE

### Dalhousie hasn't received complaints: Spokeswoman

Despite students claiming they have seen rat-sized rodents in Howe Hall cafeteria, Dalhousie University says they have received no complaints from students.

"We have not been notified by any student of sighting of rats in Howe Hall or in the dining hall," said Janet Bryson, a spokeswoman at Dalhousie University, in an email.

Though they have received no complaints, Bryson said the school does set traps around residences.

"We live in a port city and we regularly take precautions against rodents on our campus," she said.

The university has traps placed around the residences, near garbage bins and in kitchen areas on campus. If an issue was discovered, pest control would come in and treat the area, said Bryson.

DYLAN DESROCHES/FOR METRO

dents in Dalhousie's largest residence building have complained about furry invaders. Last year a number of students spoke to Metro Halifax about the rodent problem in Howe Hall. In 2015 students complained that mice were living in the building.

## CRIME

### Door broken in home invasion

Police are investigating a home invasion that occurred in Halifax on Thursday afternoon.

At 1:27 p.m. police responded to a residence on Adelaide Avenue where a man had entered by kicking in the front door.

He assaulted the 38-year-old male occupant, who was able to chase the suspect out of the house.

The suspect fled the area in a newer-model four-door bluish-grey BMW sedan being driven by another man.

The victim was treated at the scene for a non-life threatening injury.

Police don't believe this is a random incident and are asking for the public's assistance to identify the man and/or the vehicle.

The suspect is described as a 20 to 25-year-old male, about five-foot-six-inches tall and 175 pounds with a shaved head. He was wearing a red and black baseball hat, grey hoodie and black jeans. He was covering the bottom half of his face.

Halifax Regional Police ask anyone with information about this incident to contact them at 902-490-5020. METRO

## IN BRIEF

### Kingston man arrested on child porn, gun charges

A three-month investigation has led to child-porn and gun charges. Kings District RCMP executed a warrant at a Kingston home Tuesday where computers and five firearms were seized. Matthew Robert Lucas, 38, is charged with possession of child porn and unsafe firearm storage. METRO

## PICTOU

### Alleged axe-wielder appears in court

A 56-year-old man with limited understanding of the English language made a brief appearance Wednesday in Pictou provincial court in relation to an alleged incident at a local restaurant.

Ding Gou Fang of Westville looked puzzled when Judge

Del Atwood asked the accused if he understood what he was saying to him.

Fang is charged with assault with a weapon and possession of a weapon dangerous to the public, which is named as an axe in court documents.

TC MEDIA





The public gallery is full during a recent council meeting. Over the past two weeks, council meetings have gone about 12 hours. PHOTOS BY JEFF HARPER/METRO; CITY OF HALIFAX

## COUNCIL

## Winnipeg better at this than Halifax



**Stephanie Taylor**  
Metro | Winnipeg

Having sat through innumerable 12-hour council sittings covering Halifax City Hall — which often ended with me watching the live stream from an empty newsroom — I began to ask myself: How does this keep happening?

Those answers began emerging once I started covering Winnipeg City Hall. Both cities have 16 councillors around the council table, including mayors, but somehow this city manages to, more often than not, end its meetings closer to the eight-hour workday mark.

One could consider that surprising, considering Winnipeg's council meets monthly, rather than biweekly as in Halifax.

The difference, however, lies in the decision-making model.

In Winnipeg, elected officials are given more opportunities to debate items at a committee level before an issue hits council floor for the ultimate vote, as is standard governance structure.

For example, there are six policy committees in Halifax that meet monthly, compared to nine that meet twice a month in Winnipeg.

And although no one dislikes a closed-door meeting more than a reporter, Winnipeg's mayor recently said so far this year, there has been a record number of private council seminars, where city staff brief councillors on an issue before it comes time for a public vote.

All of this to say that one can hardly blame Halifax councillors for taking their time to make a decision, when they have such little time to do so.

# Marathon meetings renew the debate on sitting time

## COUNCIL

**'Are we making the best decision if we're not at our best?'**



**Zane Woodford**  
Metro | Halifax

Have you ever been to a meeting of Halifax regional council?  
OK, maybe not.

But where you work, you probably have meetings now and then.

How long do they last? Half an hour? An hour?

Imagine a 12-hour meeting. Now imagine you're 11 hours into that meeting.

Are you paying attention? Are you giving much thought to the issues on the agenda? Or are you just counting down the minutes?

Yeah, that's what I thought. Regional councillors are no different.

Councillors have sat for more than 11 hours the last two weeks at Halifax city hall, and about eight hours each at the two meetings before those.

"I don't mind working 12-hour days. Lots of people work 12-hour days and then get up the

next morning and do it again," Coun. Tim Outhit said on Wednesday.

"But I just wonder ... toward the end of the longer period of time, are we asking enough questions? Are we making the best decision if we're not at our best?"

When council first decided to meet biweekly rather than weekly, Outhit was among a few around the table that didn't like the idea.

He still feels that way, and hasn't voted in favour of the last two meeting schedules.

Outhit's reasoning hits to the point of why the switch was made in the first place.

After the last municipal election in 2012, council delegated responsibilities to standing committees like the transportation standing committee or the appeals standing committee.

They're made up of six councillors and meet monthly to deal with issues in their respective wheelhouses, and then send them up to regional council for final approval if need be — the same way committees are used in provincial and federal governments.

Staff presentations and debate that were usually done in council were now done in committees, and it was decided that there was no need for council

to sit every week.

"Council isn't busy enough to meet every week, it seems, yet we have more and more being done by standing committees that, I think, keeps some councillors in the dark, and certainly keeps residents in the dark," Outhit said.

"People are not watching and listening to these standing committees."

He believes that work should be done in committee of the whole, where every councillor is present for the debate, and there's a greater chance the public or the media will take note.

Outhit points to the way the budget was done this year as an example.

Rather than the audit and finance committee handling the budget proposals from each business unit, they were dealt with in committee of the whole.

"I think we're starting to move in the right direction," he said.

Outhit acknowledges he's in the minority among his colleagues.

"The council is run by the agenda, and these last couple ones, we've had some lengthy items on it, that's all," Coun. Russell Walker on Wednesday.

"I'm in no hurry to go home. I'm there to do council's business."



I wouldn't be opposed to going back to weekly. I think there's merit to it, but that'd be the will of council. Coun. Steve Adams



I have a very high capacity to work long days and always have. I don't know if everybody's that way.

Coun. Steve Craig



I don't care if I'm there till midnight. If I've got an opinion and something to say, I'm gonna say it; it doesn't matter how long the meeting is.

Coun. Russell Walker



It's sporadic. There's seasonal demands that probably require us to meet more frequently.

Coun. David Hendsbee



I don't really have any issues with the biweekly schedule as it's working now because I do feel that we have the liberty to change that on a need-be basis.

Coun. Lorelei Nicoll

### + MEETING TIMES

How long Tuesday's regular council day has gone so far this year:

— Feb. 23 meeting: 11 hours, 15 minutes

— Feb. 16 meeting: 11 hours, 20 minutes

— Jan. 26 meeting: 7 hours, 36 minutes (no committee of the whole)

— Jan. 16 meeting: 7 hours, 56 minutes (no committee of the whole)



# Costco gas bar on way: Worker

## DEVELOPMENT

### Bayers Lake location said to be planning



**Yvette d'Entremont**  
Metro | Halifax

A Costco gas bar could be a reality at Halifax's Bayers Lake location as soon as this summer.

Rumours have been swirling that a gas bar was in the works for the Halifax Costco location. A Costco employee told Metro on Wednesday the rumours were true.

"Yes, we are told we should be breaking ground for it in the spring," she said.

A few people posted via social media that when signing up for Costco memberships recently, they were told a gas bar would be on site by year's end.

"I'm not sure of the timeline exactly. It might be before that. It might be effective in the summer," the unidentified employee said. "It doesn't usually take long once they start.



The Costco in Bayers Lake as it appeared on Wednesday. JEFF HARPER/METRO

As long as they have all the approvals and clearances in place, it's pretty quick from there."

Because gasoline prices are regulated in Nova Scotia, she said, Costco would have to abide by the minimum posted price but could offer incentives.

"We cannot go below that posted price but they will look to do something just like they do at the Superstore for example where you get points back or a percent back kind of thing," she said.

"With Costco in other provinces there's usually about a

six-cent difference from the posted price."

A Costco official at its Ottawa head office wouldn't confirm the gas bar was coming, but did say in an email "adding gas stations in Halifax and Dartmouth is part of our overall corporate strategic plan."



A Costco gas bar in St. John's TC MEDIA

## + IMPACT ON HALIFAX MARKET

### Competition 'good fun'

Dave Collins, vice president of Wilson Fuel Co., said if Costco actually does bring a gas bar into the Halifax market, it wouldn't have a negative impact.

"The only way that's going to happen is if they deregulate, and hey, we think that's a good thing. If they can help us get the

market deregulated we're all for it," Wilson said.

"In these other markets where we compete with them, we find them not difficult at all to compete with.. It's not really anything to get too wound up about. I mean, we'd welcome the competition. It would be good fun."

YVETTE D'ENTREMONT/METRO



THE **DRAMA** NEVER STOPS

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# Veterans' benefits hearings begin

## DISABILITY

### Federal Court to decide if class-action case proceeds

A decorated war veteran says he never expected to be fighting the federal government in court over benefits he and other disabled former military members claim they were wrongly denied after years of service.

Using a cane, Stephane Hebert walked into Federal Court in Halifax on Wednesday for the first day of a legal hearing over whether the dispute should be certified as a class-action for possibly dozens of veterans.

"It's really sad because after my 21 years of career, I'm still here fighting for my rights," he said outside the courtroom, with several military medals pinned on his lapel.

"It was important for me and my wife to be here ... I'm here to let others know they're not alone in this quest."

The veterans, who were medically released from the military, say they were told by the Forces' insurer that they would receive little to no disability benefits after calculations were done taking their salary and pensions into account.

Many decided not to go through the lengthy and costly process of applying for the pay-

ments when they learned they wouldn't receive any money.

But a Federal Court judge ruled in another case led by veteran Dennis Ma-

**\$50,000**

The amount Hebert stands to receive if he wins his case, according to lawyer Dan Wallace.

nuge and involving a larger group of disabled vets that the formula used to determine disability benefits was flawed and should be overturned. The case ended when Ottawa settled with 7,500 claimants in the \$887.8-million class-action lawsuit in 2013 over their clawed



Stephane Hebert, a 21-year veteran, listens as reporters speak to lawyer Dan Wallace at Federal Court in Halifax on Wednesday.

DARREN CALABRESE / THE CANADIAN PRESS

back pension benefits.

Dan Wallace, the lawyer handling this latest case, said that when Hebert and others applied for the benefits following the Manuge ruling, they were denied because they missed a 120-day deadline.

"The government is relying on a technicality time limit to say, 'You're out of luck for these benefits that you've paid for your entire career and that you are eligible for,'" he said outside court.

"The unfortunate part of this

is the more disabled you are, the more money you're out."

The Crown did not want to comment on the case, but a Defence spokeswoman said it is opposing the judicial review because it "does not meet the test for certification of a class."

Wallace said most of the veterans who have come forward in this case suffer from PTSD, with some so severely disabled that they have not worked since being medically released from the Forces.

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## CRUELTY

### Animal abuse case probed



Haley Ryan  
Metro | Halifax

A Nova Scotia couple are facing charges under the Animal Protection Act after 24 dogs and four rabbits were seized from their property earlier this month.

Kevin Pinkney and Tessa Taylor from West Dalhousie in the Annapolis Valley have been charged with violating several sections of the Animal Protection Act.

Acting under a search warrant, the Nova Scotia SPCA Cruelty Investigations team seized the rabbits and 24 dogs, including several newborn puppies, on Feb. 11.

The couple is charged with failure to provide the animals with an adequate source of water, failure to provide adequate medical attention and failing to provide reasonable protection from injurious cold.

They are also facing charges for confining animals in an inadequate space and in unsanitary conditions with-

#### + PAIR CHARGED

**Face day in court**  
A court date will be set in the near future to follow up on the charges. METRO

out providing exercise opportunities.

The other charges include causing an animal to be in distress, and interference and obstruction of an officer in the exercise of powers given under the Animal Protection Act.

#### IN BRIEF

##### Fate of province's tourism info centres unknown

Nova Scotia's Opposition Tories are taking issue with the omission of visitor information centres from a map in the province's latest tourism guide, known as the Doors and Dreamers guide.

Conservative Alfie MacLeod says it's further proof the Liberal government is preparing to shut down the centres to save money.

The Cape Breton politician says there's growing concern about the future of the centres because seasonal

employees have yet to be contacted about returning to work.

The government has said no decisions have been made.

The government closed centres in Pictou and Digby last year, which means there are six left: Port Hastings, Amherst, Peggy's Cove, Yarmouth and two in Halifax.

THE CANADIAN PRESS

##### RCMP seek suspect after girls report suspicious act

The Mounties are on the lookout for a suspicious man who approached two teen girls

Tuesday afternoon in Eastern Passage.

The 13-year-old girls were walking near the intersection of Cow Bay and Caldwell roads at about 3:30 p.m. when the male motorist pulled up beside them and said, "Hey, girls," according to a Halifax RCMP news release.

The girls described the suspect as a man between 30 and 40 years old of medium build, dark complexion who spoke with an accent. He was driving a silver four-door car, according to RCMP.

METRO





Halifax Regional Police were called on Sunday to a private home, where a young female's body was discovered. Toxicology tests will be done in the coming days. JEFF HARPER/METRO

## Teenage girl found dead

### INVESTIGATION

**16-year-old was said to be under care of province in group home**

A 16-year-old girl reportedly living under provincial supervision in a group home has been found dead in Halifax's north end.

"It's upsetting," Const. Dianne Woodworth of Halifax Regional Police said Wednesday. "It was a friend that called it in."

Police were called to a private home — not the group home — on Macara Street shortly before 2 p.m. on Sunday, where the girl's body was found.

Toxicology tests will be done on the girl's body. Her death is

being investigated by the service's General Investigation Division, not the homicide squad.

"Based on the information we have thus far, it hasn't been escalated to that division," said Woodworth, adding: "The autopsy has yet to take place so we can't confirm cause of death."

CTV news reports the girl was under the care of the province and lived in a group home for girls under 18.

Heather Fairbairn, a spokesperson for the Community Services Department, said the department does not speak about individual cases and

cannot confirm whether the girl was in provincial care. But she said Community Services Minister Joanne Bernard has been made aware of the death.

THE CANADIAN PRESS

**Obviously we're devastated by it.**

Heather Fairbairn

### NORTH SYDNEY

## Food Bank graffiti 'really disheartening'

Volunteers are outraged after vandals scrawled vulgar graffiti on the exterior of the North Sydney Food Bank over the weekend.

"It is really disheartening, especially for the volunteers who are here every day," said North Sydney Food Bank Society chairman Lawrence Shebib. "We are all volunteers and do the best we can for the clients."

Shebib said officials from the Cape Breton Regional Mu-

nicipality have agreed to help deal with the graffiti.

"It's about making them aware and asking for help to try and resolve this problem. Where would this community be without the food bank?"

He said police are investigating and will have extra patrols.

"But we have to do something now, the graffiti is so vulgar and disrespectful."

CBRM Dist. 2 Coun. Clarence Prince, who stopped by the food

**"This goes against everything we try to do to help the community."**

Lawrence Shebib

bank this week, said the municipality is concerned about the amount of graffiti across the CBRM.

"It isn't just abandoned buildings anymore," Prince said. "Vandals are hitting banks, doctor's offices, businesses, most public buildings."

"This isn't fair to people who are working hard to provide services to the community. In the case of the food bank, these are volunteers who are giving freely of their time to help others."

The CBRM owns the building that houses the food bank.

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### BRIDGEWATER

## Local doctor charged with drug trafficking

A Nova Scotia doctor has been charged with drug trafficking after police accused her of prescribing 50,000 pills to a hospital patient who never received them.

Bridgewater police said Wednesday that 35-year-old Sarah Dawn Jones wrote the prescription for oxycodone and oxyneopills over a one-year period.

Jones worked at the Crossroads Family Practice in the Halifax suburb of Tantallon,

but the province's College of Physicians and Surgeons says she's under an interim suspension and has stopped practising.

Jones is also accused of possession of narcotics for the purpose of trafficking, theft, breach of trust, drawing a document without authority and fraud.

Jones is not currently in custody and is expected to appear in Bridgewater provincial court on May 11. THE CANADIAN PRESS



# Father's tearful video goes viral

## GREENFIELD

### Man describes life with a son who has Down Syndrome

It was a moment he couldn't take back — or so he thought.

After listening in a store to another father struggling to explain to his two young sons what Down Syndrome is, Greenfield resident Robb Scott walked away mentally berating himself for not

stepping in and helping to educate the boys in a positive way.

"I heard this voice in my head say, 'Tell them, you can tell them exactly what it is,'" said Scott, while thinking of his five-year-old son Turner, who has Down Syndrome.

Not one to confront others publicly, however, Scott walked away disappointed that he hadn't stepped up. He got in his car and started to drive around. Eventually he decided he could still act on the moment by recording his emotions in a video on



Down Syndrome is literally one of the most beautiful things that's ever happened to my life.

Robb Scott

his smartphone

"I failed those kids and more importantly, my son," Scott said.

The short video he recorded and posted to Facebook, however, has gone on to reach far more people than the three people he might have spoken to in the store.

"Down Syndrome is lit-

erally one of the most beautiful things that's ever happened in my life," he says as he explains what it's like having a child with Down Syndrome. "It's fun, it's brilliant ... it's kind, it's loving, it's cuddly. They're great teachers, people with Down Syndrome."

The reaction Scott has

been receiving has been overwhelming.

Between 6 p.m. Saturday, Feb. 20 and Wednesday afternoon, the video had received 945,024 views and 10,983 shares.

And it continues to grow. "This has reached way beyond Down Syndrome," Scott said. "What I did was in the moment. It was very reactionary. I wasn't trying to be an advocate, I was just putting it out there."

"It is obviously reaching people."

TC MEDIA



A screenshot of Robb Scott from his video. CONTRIBUTED

## PORT AUTHORITY

### Cruise industry set to hit it big in 2016

It could be a big year for Halifax's cruise sector, with as many as 240,000 visitors expected to visit the city.

Halifax is expecting 135 different vessels, including the Veendam as the first ship to arrive on April 30, a release from the Halifax Port Authority said.

Cathy McGrail, spokeswoman for the Port of Halifax, said she's looking forward to the Veendam's arrival as it's one of 30 ships this year that can connect to the city's power when docked, meaning a longer stay.

"Starting off the season in this way is a good representation of the partnerships and innovations that have helped develop a strong cruise offering in Halifax," McGrail said in the release.

Halifax is also set to break the record for the amount of visitors coming on a single ship this year not once, but twice.

The record will be broken first on June 29 when 4,500 people visit on The Norwegian Breakaway.

The second time will happen on Sept. 1 when Anthem of the Seas sails into port with 4,905 passengers on board.

There will be eight ships visiting the city for the first time this year, and the Queen Mary II will also visit the port twice this season.

The booming cruise ship industry is also set to generate a lot of money for businesses in Halifax, with the Port Authority noting the industry is worth over \$100 million.

DYLAN DESROCHE/FOR METRO



A fishing boat passes some cruise ships docked in Halifax. JEFF HARPER/METRO FILE

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## OUTDOORS

### New trail will easily connect public with Long Lake park

Locals used to pulling over on a busy Halifax road will soon have an easier way to access Long Lake Provincial Park.

Developers Polycorp and Atlantic Developments have joined with the province and volunteers, according to a release, to provide travellers with the five-kilometre Lakeview Trail, connecting North West Arm Drive, Old Sambro Road, and Peter Saulnier Drive to the existing trail system in the park.

"There's been a lot of attraction back to those lakes and trails," said Donna Flemming, chairwoman of the Long Lake Provincial Park Association, on Wednesday.

"A lot of cars trying to access it through the St. Margarets

Bay Road, no place to park."

Flemming said the trail has been in the works since November 2013, and both developers put in roughly \$600,000 for the new crushed-gravel route that will join up with the existing trail system.

The release said Long Lake Provincial Park is on the edge of the new Long Lake Village development, and the park has remained fairly quiet "for the past 30 years because of lack of accessibility."

The trail will now provide better community access to the 3.5-kilometre lake and 5,000 acres of protected wilderness, Flemming said.

In some areas trails were widened and upgraded, while in others trails were created

to form the new route, she added.

A parking lot for 60 vehicles has already been built, across the street from Long Lake Village on North West Arm Drive.

The association is also adding another parking area on Old Sambro Road near Den-tith Road, with picnic tables, benches, eventual washroom facilities, garbage cans and doggie bags in the works.

HALEY RYAN/METRO

**COMING SOON**

The ribbon-cutting to officially open the trail will come in late April.



CARAMILK

## Defence staffer clarifies candy

A Wikipedia page for the Cadbury Caramilk bar was anonymously edited by a computer with a Department of National Defence (DND) Internet Protocol address, according to the Twitter handle Government of Canada Edits. The edit corrected the erroneous information that the confection is a chocolate bar.

On the Cadbury Caramilk page, the word "chocolate bar" was changed to "candy bar." The account @gccaedits automatically tweets whenever somebody edits a Wikipedia page from a list of known Canadian government IP addresses.

"The Caramilk bar does not meet the legal definition of a chocolate bar ... due to the use of vegetable oils in production," wrote the DND editor in a note about the revision.

TORSTAR NEWS SERVICE



ISTOCK

REGULATION

## Ruling allows medical pot users to grow own cannabis

Neal Hall  
For Metro

A Federal Court judge has struck down the new medical marijuana regulations put in place by the Conservative government in 2013, finding the new rules are unconstitutional.

But Judge Michael Phelan has decided to suspend striking the ruling for six months to allow the federal government to craft new regulations.

The landmark ruling means that the four B.C. plaintiffs in the case, heard in Vancouver last year, will be able to continue growing their own medical marijuana.

The new regulations were brought in by the Conservative government, forcing medical pot users to buy their marijuana from a commercial grower.

Neil Allard of Nanaimo, B.C. and three other users launched their constitutional challenge two years ago, arguing buying from commercial growers is more expensive and made them choose between their health or their liberty, as they faced possible jail time, if they continued growing their own.

The court had previously granted an injunction against the new medical marijuana regulations, allowing the plaintiffs to continue growing their own until a final ruling in the case.

That injunction will remain in place for the next six months.

In the final ruling released today, the judge

decided the plaintiffs were entitled to a declaration that their Section 7 Charter rights had been violated by the new regulations and was not justified.

The ruling comes after a new federal government was elected and Prime Minister Justin Trudeau has promised to bring in legalization of marijuana, but has not yet drafted legislation.

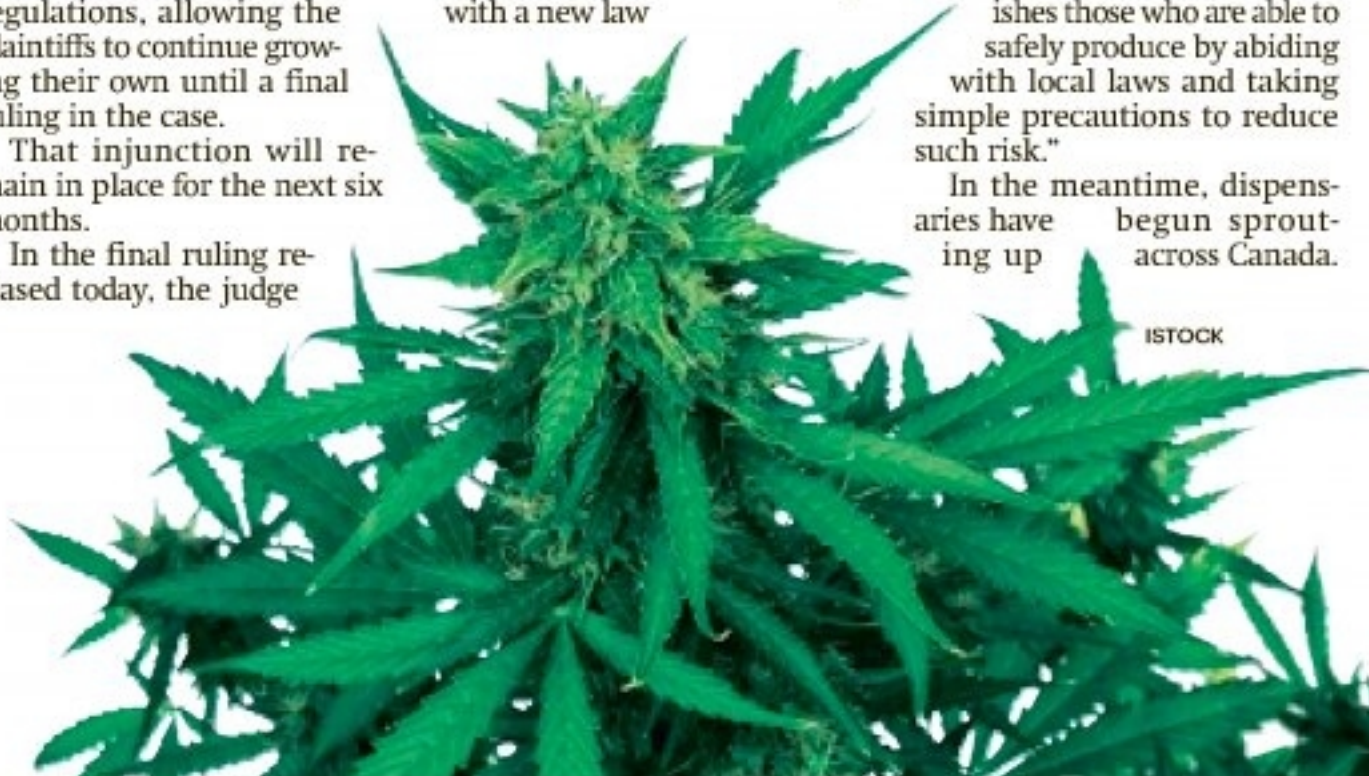
Today's court ruling will push the government to come up with a new law

within six months.

Judge Phelan said in his ruling that he accepted the government's argument that the new regulations were brought in to reduce the risks of fire, mould, diversion, theft and violence "that inherently exist to a certain degree — although I note that these risks were not detailed."

The judge added that "this significant restriction punishes those who are able to safely produce by abiding with local laws and taking simple precautions to reduce such risk."

In the meantime, dispensaries have begun sprouting up across Canada.



ISTOCK

## + DISTRIBUTION

### Experts weigh in on plans

The Neighbourhood Pharmacy Association of Canada says pharmacies are best equipped to dispense medical marijuana given their expertise in prescription drug management. The association's members include London Drugs, I.D.A. and Rexall. Shoppers Drug Mart also called pharmacies the safest bet.

Canadian laws on pot must be upheld and enforced despite the government's plans to usher in legalization, former Toronto police chief and Liberal MP Bill Blair said Wednesday. THE CANADIAN PRESS



ISTOCK



## FLYING BACK TO CANADA? DON'T GET STUCK ABROAD.

Starting March 15, 2016, Canada's entry requirements are changing. If you received a work or study permit before August 1, 2015, and plan to travel outside Canada and return by air, you may need to get an Electronic Travel Authorization (eTA).

Don't wait. Apply online today at [Canada.ca/eTA](http://Canada.ca/eTA).

IMPORTANT: The eTA does not apply if you are a Canadian permanent resident travelling internationally. You will still need your permanent resident card to board your flight back to Canada.



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Canada



## REPUBLICAN RACE

## Trump building up steam

Donald Trump's campaign for the Republican presidential nomination is building a momentum that may sweep away challenges by Florida Sen. Marco Rubio and Texas Sen. Ted Cruz, with his crushing win in the Nevada caucuses marking a third straight victory in state contests.

Rubio captured second place with fewer than 2,000 more votes than Cruz as final vote totals were reported Wednesday morning.

Trump, the billionaire New York businessman, now can claim victories in the West, the South and Northeast — a testament to his broad appeal among voters frustrated with the political establishment. His rivals are running out of time to stop him.

On Wednesday, Trump won his first endorsements from sitting members of Congress, with Reps. Duncan Hunter of California and Chris Collins of New York announcing they are backing him for the Republican presidential nomination.

"We're winning, winning, winning the country," Trump declared Tuesday.

"Soon, the country is going to start winning, winning, winning."

THE ASSOCIATED PRESS



Donald Trump

THE ASSOCIATED PRESS.

## GERMANY

## Trio convicted of theft

Two men were convicted of theft and given suspended sentences in the first trials for New Year's Eve crimes in the German city of Cologne. A third suspect was convicted under juvenile law and put on probation.

The spate of thefts and assaults on women near Cologne's main station, blamed largely on foreigners, caused public uproar as Germany faces a huge influx of migrants.

THE ASSOCIATED PRESS

## Austria, Balkan nations want stop to migrant flow

## IMMIGRATION

## Tensions rise as EU countries asked to share refugee burden

Overwhelmed by a wave of refugees and what they call indecision in the European Union, Austria and its southern neighbours along the Balkan migrant route agreed to tighter border controls at a meeting Wednesday — and warned that sooner or later they will have to shut their doors entirely.

Greece, the first point of land-

ing for most of the migrants arriving by boat from Turkey, was not invited to the meeting and responded angrily by threatening to block decisions at a forthcoming EU migration summit if sharing of the refugee burden is not made obligatory for member states.

The EU has set up a scheme to share 160,000 migrants arriving in Greece and Italy. Even that would be only a fraction of the total numbers, but so far, barely 600 people have been relocated, and only some EU partners have offered places for them — fewer than 5,000 spots in all.

Prime Minister Alexis Tsipras said that from now on Greece

"will not assent to agreements" unless all its partners in the EU are forced to participate proportionately in the relocation and resettlement of refugees. A senior government official, who spoke on customary condition of anonymity, clarified that Tsipras was specifically referring to a March 7 summit on immigration.

Tsipras lashed out at EU member states that "not only erect fences on their borders but at the same time do not accept to take in a single refugee."

Austria has recently capped the number of asylum-seekers it will accept daily at its borders to 80, and limited the number of

refugees it will let pass through the country. That has led to more border restrictions being introduced further south, hurting countries along the route, including Greece.

Playing off warnings that the restrictions will lead to disastrous accumulations of refugees on borders along the route, Austrian Interior Minister Johanna Mikl-Leitner called for "a chain reaction of reason."

"We need measures that lead to a ... a domino effect. We must reduce the flow of migrants now," she said. "Because the refugee question can become a question of survival for the European Union." THE ASSOCIATED PRESS

## + CALAIS

## Mass evictions ordered

The clock is ticking for hundreds of migrants in the city of Calais waiting for a judge to decide whether to postpone an eviction order. The court ruling on the question says that the decision could come on Thursday, two days after the deadline expired for the state-ordered mass evictions. Authorities say the order concerns 800 to 1,000 migrants.

THE ASSOCIATED PRESS



An Afghan woman holding her son reacts as they arrive with other refugees and migrants from the Turkish coast to Mytilene, Lesbos island, Greece. The International Organization for Migration said **more than 102,500 people had crossed into Greece since Jan. 1** and another 7,500 had streamed into Italy — numbers that weren't reached last year until June. MANU BRABO/THE ASSOCIATED PRESS

## U.S. CONGRESS

## Speaker takes steps to stop closure of Guantanamo

The leader of the House of Representatives, Speaker Paul Ryan, said Wednesday Republicans are taking legal steps to stop President Barack Obama from closing the U.S. prison at Guantanamo Bay, Cuba, a day after the president unveiled his plan to shutter the facility and move terror suspects to the United States.

Ryan told reporters that lawmakers have the votes to block Obama's plan in Congress and enough votes to override any veto. Separately, the Republican leader said his party is "preparing our legal challenge" to en-

sure the prison remains open and detainees aren't moved to the U.S.

Earlier this month, House Republicans awarded the Jones Day law firm with a \$150,000 contract to perform the legal work in case Obama tries to move Guantanamo detainees to federal prisons.

"These detainees cannot come to American soil," Ryan said.

Obama has pushed to fulfil a 2008 campaign promise and close Guantanamo, arguing that the facility is a recruitment tool for terrorism worldwide and opposed by some allies. The



**These detainees cannot come to American soil.**

Paul Ryan

president has faced strong opposition in Congress, where Republicans and some Democrats maintain there is no alternative and argue they don't want these terror suspects transferred to U.S. prisons, even maximum security facilities.

THE ASSOCIATED PRESS



Dawn arrives at the now closed Camp X-Ray at Guantanamo Bay Naval Base. THE ASSOCIATED PRESS FILE



# Express yourself

Facebook's emoji update covers your 'likes,' 'loves' and every emotion in between

It was bound to happen. The trusted "Like" thumbs up is no longer cutting it. After testing five new reactions with Facebook users in Ireland, Spain, Chile, Portugal, the Philippines and Japan for, well, their reactions, Facebook is now rolling out the expanded emotions globally.



The social-media network chose to offer more nuanced reactions — "love," "haha," "wow," "sad" and "angry" — alongside "like" — to give users "greater control over their expressivity," says Julie Zhuo, Facebook's product design director.

Facebook went through

comments on friends' posts, as well as emoji-like stickers people were using. It chose the most common ones and tested those. They considered dozens of reactions — but offering them all would have been confusing. Think of having to flip through pages and pages of emojis: Do you want one wink, a tear, a full frown or a half frown?

Facebook ultimately chose these six reactions for their universal appeal — something that could be understood around the world. Even a generic happy face "was a little bit ambiguous and harder for people to understand," Zhuo says.

Each reaction comes with an animated emoji,



such as the thumbs up for "like" and a heart for "love." These emojis will look the same around the world, but phrases such as "love" will be translated. Torstar News Service tested out a few run-of-the-mill Facebook posts and how reactions can evolve.

## 1 Sad

**The situation:** Your friend says his beloved cat has died.

**Old school:** It would be strange to "Like" that post. You want to offer your support, but a comment is the only means to do so. You should text him, too, by the way.

**New school:** Click the "Sad" icon and add a comment with your condol-



ences if you were particularly close with the departed. You should still text your friend, by the way.

## 2 Wow

**The situation:** Your sibling posts some adorable photo of your niece's birthday.

**Old school:** You "Like" the post, but deep inside you know it's an inadequate reflection of your joy. Man, she is so cute.

**New school:** Click the celebratory "wow" icon (as in, "Wow, she is so cute!") and take solace in knowing that Facebook really



nailed it this time. The "Love" emoji would also be appropriate here.

## 3 Anger

**The situation:** A friend delivers an award-winning rant about a terrible public transit commute (I mean, two short turns while packed in like sardines is pretty bad).

## Old school:

Show your solidarity with a comment relaying that no one deserves that cruel start to the day.

**New school:** Use the "Angry" emoji to succinctly convey all your rage with one squished-up red, angry face.

TORSTAR NEWS SERVICE AND THE ASSOCIATED PRESS



## IN BRIEF

### UPS invests in same-day delivery company

UPS, looking for ways to get goods to shoppers faster, is investing in delivery company Deliv.

Deliv, founded nearly four years ago, works with Macy's Inc., Kohl's Corp. and other retailers to deliver online orders within the same day.

THE ASSOCIATED PRESS

### Beijing overtakes N.Y.C. as home to most billionaires

Move over, New York City: Beijing is the new "Billionaire Capital of the World." The Chinese capital has overtaken the Big Apple as home to the most billionaires — 100 to 95 — according to Heroine, a Shanghai firm.

THE ASSOCIATED PRESS

### Farming groups call for more seasonal workers

Agriculture groups want the federal government to allow more producers to hire foreign seasonal employees to work on farms.

THE CANADIAN PRESS

## NHL PLAYOFFS

# Looming drought could be 'hit' to Rogers

For the first time in more than 40 years, the Stanley Cup playoffs may lack a Canadian team this season.

**Antoine Vermette of the Chicago Blackhawks.**

GETTY IMAGES

That's not only a major disappointment to Canada's devoted

hockey fans — Rogers Media coffers could also suffer at the hands of the teams' lacklustre performances three years after the company made a big investment in Canadian hockey talent.

In 2013, Rogers Media purchased the exclusive national rights to broadcast all NHL

games for a dozen years in Canada for \$5.2 billion.

This playoff season, the odds of even one Canadian team making the playoffs are slim. None of the seven teams currently hold playoff spots in the standings and Winnipeg, Toronto and Edmonton are at the very bottom of the 30-

team league. The season ends April 10.

"The bottom line is: no Canadian team in these playoffs is not at all good news for Rogers," Marvin Ryder, assistant professor at McMaster University's DeGroote School of Business, said in an interview.

THE CANADIAN PRESS

## market minute

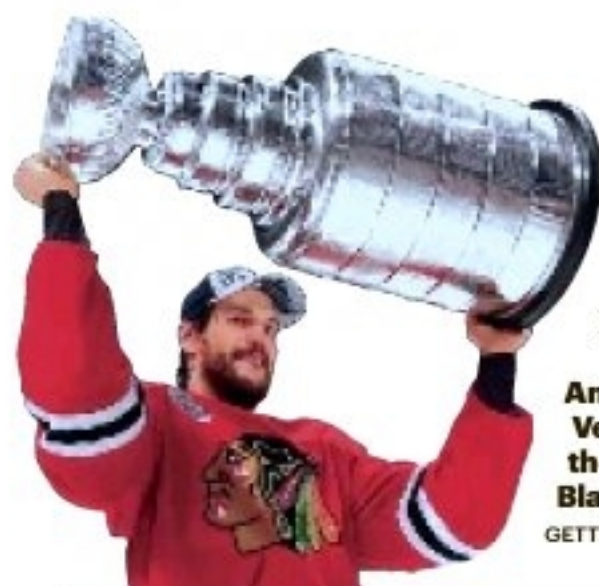
**DOLLAR**  
73.06¢ (+0.43¢)

**S&P/TSX**  
12,740.27 (-23.17)

**OIL**  
\$32.15 US (-28¢)

**GOLD**  
\$1,239.10 (+\$16.50)

**NATURAL GAS:** \$1.83 US (no change)  
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## EMMA TEITEL: ON PRIME MINISTERIAL PRIDE

**It may not be surprising that Trudeau, a longtime friend of the gays, will march in the parade. But his newly minted status renders his commitment to the event uniquely meaningful.**



Last summer at a popular gay pride event in Toronto where the city's best drag performers regale hundreds of people in a public park, Ontario Premier Kathleen Wynne took the microphone to introduce newly elected Mayor John Tory.

And the crowd — despite its natural bent toward the politics of Olivia Chow, and despite the fact that this was John Tory (a nice enough guy, but perhaps the least fabulous person in history) — went wild.

They went wild because Tory actually turned out for the city's pride festival, something his notoriously crass and aloof predecessor — Rob Ford — repeatedly refused to do.

Ford, you might remember, snubbed the city's LGBT community with fervour. In 2014, during the Sochi Olympics, he became so distraught at the sight of the rainbow flag hanging outside city hall (a sign of solidarity with LGBT Russians) he pinned a Canadian flag to his office window in protest.

In other words, he was the mayoral equivalent of Spanky in *The Little Rascals*, holing up in the lair of his He-Man Woman-Haters Club; everyone else standing outside waiting patiently for him to grow up.

All this is to say, if it was exciting when John Tory turned out for the nation's largest pride parade after a four-year drought in mayoral blessings, imagine how exciting it will be this year,

**Trudeau's commitment to the event is a formal, powerful symbol of acceptance.**

when the prime minister of Canada graces us with his presence.

Pride Toronto organizers announced this week that for the first time in history, the prime minister (a.k.a. Justin Trudeau) will attend the annual parade alongside Wynne, federal Finance Minister Bill Morneau and, of course, (now a seasoned veteran) Toronto Mayor John Tory.

It may not be especially surprising that Trudeau, a longtime friend of the gays, will march in the parade — invariably wearing some sort of unfortunate feather boa, as well-meaning heterosexual politicians are inclined to do — but his newly minted prime ministerial status renders his commitment to the event uniquely meaningful.

It does so because it sets an incredible precedent. From this June forward,

attending Toronto Pride won't be a job reserved exclusively for socially liberal mayors and premiers; it will be a job for the highest office in the nation.

If, for example, a new prime minister is elected four years from now — after Trudeau has presumably attended four gay pride parades in office — the Canadian public will likely assume or expect that the PM will carry on the tradition.

There will be no news cycle — as there is now — devoted to our future prime minister's announcement to attend the parade; there will be a news cycle only if he or she decides to stay home.

In fact, after at least four years of a prime ministerial presence at Pride, the event may become as uncontroversial and routine in politics as the Calgary Stampede — a bad thing where preserving the parade's grassroots ori-

gin is concerned, but a good thing, I suspect, for tolerance at large.

(And let's face it, the parade, with its hordes of shirtless men whose thongs and chests are branded with the logos of various corporate sponsors, lost its grassroots spirit a long time ago).

It's also possible that Trudeau's continued presence at the parade will help inoculate the nation from electing future leaders who, like Rob Ford, hope to get away with snubbing the gay community with lame excuses.

(Though I admit I, too, have been tempted, like Ford, in recent years to skip the parade for the cottage, a temptation that will no doubt grow stronger with age).

But right now, Trudeau's commitment to the event is a formal, powerful symbol of acceptance for Canada's LGBT community — a symbol not unlike the history-making video that emerged this week, of a Royal Canadian Navy officer kissing his same-sex partner upon returning home after a 255-day deployment at sea, his happy colleagues cheering behind him.

It's an acknowledgment that some things — personal liberties and love, for example — are not worth merely tolerating from an ivory office tower in another city. They are worth celebrating, up close and personal.

**Emma Teitel** is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

## ROSEMARY WESTWOOD

metroview

**Science says what all pet people know: Animals have empathy**

Growing up, our first dog, Murphy (a.k.a. Murphy Brown) had her own seat on the couch.

Most friends didn't mind if, while they were sitting in the far left corner watching *Saved by the Bell* and shovelling down Kraft Dinner, Murphy happened to plod along to the edge of the cushion and look up expectantly, like "Time to hit the road."

"Oh, that's Murphy's seat!" I'd say, and motion for them to relocate to the wooden rocking chair (don't scoff — it had cushions).

A few friends did mind, but I chocked it up to their ignorance. They didn't understand that Murphy was like us humans.

For decades, maybe forever, we pet owners have — irrespective of science — believed in the human qualities of our pets.

Their ability to feel joy and pain, to relate to our emotions, to comfort us by licking our tears, to love us and feel guilty for eating the garbage.

These days, we should be feeling pretty vindicated.

In two recent compendiums of the latest research, *New York* magazine suggested "Maybe it's time to take animal feeling seriously," while *The Atlantic* extolled the empathy displayed by "consoling voles."

"It seems illogical for us to think that animals might not be having a conscious men-

tal experience of play, sleep, fear or love," scientist Carl Safina said in an interview last summer after the publication of his book *Beyond Words: What Animals Think and Feel* sparked debate. "It is incredible to me there is still a debate over whether animals are conscious and even a debate over whether human beings can know animals are conscious."

No, the scientific community isn't wandering around with purse pooches, telling their friends that fluffy-but-frightening Gigi has the best taste in shoes. But neither is there a blanket scientific aversion to acknowledging the human-like traits of non-humans.

Take the case of voles, mouse-like creatures who, during a recent study, sought to comfort their loved ones when they got electric shocks. It's worth looking up just for the photo of one vole putting its little paw on the back of this other, curled-up vole, who's looking rather downcast. "All will be well," the first vole is saying.

This, coming from a lowly vole, who can't even claim the human-likeness of a gorilla, the social complexity of an elephant, the intelligence of a dolphin or even of a crow.

Yet here they are, according to science: just little brown puffs of love. Or empathy, or something at least that looks like human empathy.

### THE MICROTREND: Cereal's serious decline



You would think millennials would have a bit of nostalgia for the cereals they slurped while watching Saturday morning cartoons, but they're ditching this beloved "part of a complete breakfast." Grains and milk have gotten a bad rap with some, but cereal's slide is society-wide: U.S. sales have fallen 30 per cent in the past 15 years. Instead, protein is popular: Think breakfast sandwiches and Greek yogurt. While half of Baby Boomers told research firm Mintel they were still regularly waking up to their favourite cereals from childhood, millennials tend to eat cereal as a snack, if at all. Many are skipping the most important meal of the day entirely. But those who do nosh in the morning complain cereal is not good on the go, and — as 40 per cent of Gen Y respondents complained — it requires a bowl you have to wash. SOURCE: THE WASHINGTON POST

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## Walk a mile in Roldan's boots

### FASHION

#### International model talks diversity, pay gap and regrets

Nichole Jankowski  
Metro | Canada

The fashion industry is famous for being fickle, lambasted for its impossible standards of beauty, and oft criticized for its lack of diversity. And so it's notable that Paolo Roldan — born in Quezon City, Philippines, who moved to Canada as a kid, and worked building circuit boards with his brother at a factory in Mississauga when he was young — was discovered not once, but three times.

The first time was in 2005 by renown modelling agent Elmer Olsen. "I was on my way into Hazelton Lanes on a Sunday," recalls Olsen in conversation with Metro. Roldan was working at popular Toronto boutique TNT at the time. "I walked in and saw him and went 'wow.'"

Olsen was quick to sign the 6'2" former basketball player.

"I never really took it seriously," admits Roldan, who was focused on his job. He remembers Olsen calling him for castings. "Sometimes I wouldn't even go."

In 2009, Roldan was in New York on a buying trip for the

menswear boutique Nomad when David Bosman, founder of Boss Models, spotted him.

The third time came on the last day of his Fall Winter 2010 go-sees: Riccardo Tisci, creative director of Givenchy, personally cast him to walk exclusively for the house that season.

Sitting in a café on Toronto's Ossington strip, just a week after closing Todd Snyder's FW16 show, Roldan, 38, is recalling those early days. Asked if he's had any regrets, one came to mind.

"I don't want to say I wish I never did it," says the soft-spoken

added to the calendar: Florence, Paris, London and New York — even Toronto has TOM, running this week through March 1.

The hectic show schedule keeps Roldan busy, but during his downtime he's been working on his own designs. Roldan hints at a capsule collection.

"I can't say now because I don't like jinxing myself," says the business-minded Roldan, who sees the industry perhaps all the more clearly because he understands the dollars and cents of it. This clarity extends to the ramped up show schedule (globally, sales of menswear have had double-digit growth for more than five years), diversity on the runway, and a pay gap that sees even mid-level female models earning an average of 148 per cent more than men.

"There's more buying power on the women's side," says Roldan, matter-of-factly. "I tell this to all the young guys — it's because the women buy more."

And when it comes to diversity, he views the industry's moves towards inclusiveness as little more than designers trying to expand their consumer base.

"For the most part it's business, and it's cool because it puts me to work," says Roldan.

Despite all his international success, Roldan is happy to call Toronto home. "All my family is here," says Roldan without hesitation. As our interview wraps, he asks when the article will be published — so his mom can pick up a copy.

**“**  
**People love it because I represent them.**

@juanpaoloroldan



Roldan, referring to a nude shot by Mert Alas and Marcus Piggott that ran in French Vogue and cemented his status in the rapidly expanding men's fashion industry.

With each passing season it seems another men's week is



#### HOW TO WET SHINE BOOTS

Vogue.com recently named Roldan their latest street style obsession, noting that "his boots are a particular point of fixation" for fans. To keep his boots looking their best, Roldan uses a wet (or spit) shine technique, which he shares here with Metro readers.

#### Directions

1. Clean off dirt using a boot brush. Wipe boots down with damp rag. Dry.
2. Apply a base coat of polish with a boot brush. Using a polishing cloth and small circular motions, go over the entire boot, adding more polish. Continue rubbing in using the same circular motions until the polish begins to smooth.
3. Take a spray bottle and mist the boot with water. Continue applying polish using the same cloth and technique. The boot will begin to get shiny.
4. Spray with water and buff.

Paolo Roldan is ranked among the sexiest men on models.com. PAOLO AZARRAGA/CLIENT MAGAZINE

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**SIX@6 LAST NIGHT:**

- 6 Fly Rida
- 5 Me, Myself and I
- 4 Rihanna ft Drake Work
- 3 Travis Scott Antidote
- 2 Selena Gomez Hands To Myself
- 1 Zayn Pillow Talk

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Call: 902-424-2467  
Or visit: Province House, any MLA, Nova Scotia MP or municipal office

**NOVA SCOTIA**



# Luxe and shimmer

London Fashion Week rolled out a hectic catwalk schedule on Monday that included Burberry and Erdem **THE ASSOCIATED PRESS**

## ERDEM FADED GOLDEN AGE GLAMOUR

Canadian designer Erdem Moralioglu's new collection is all about early 20th century glamour tinged with sadness, as if he were reflecting on screen divas trapped in old sepia photos.

As soon as guests arrive they are greeted with a dimmed stage suggesting a crumbled grand period mansion, complete with art deco lights, chandeliers, ornate columns and overturned chairs.

Models wore ankle-length slim gowns in a mostly-gloomy palette of black, navy and burgundy, adorned by myriad ruffles, shimmering brocade flowers and the intricate embroidery that the designer is famous for. A pair of unexpected, sky blue leather gloves brightened some of the outfits.

Standout looks included a gown with long gold tinsel-like tassels paired with an ivory mohair jumper, and a gunmetal grey sequined gown with matching cape.

### SOPHIE SWEARS BY ERDEM

Sophie Grégoire-Trudeau wore an Erdem dress to Prime Minister Justin Trudeau's swearing-in ceremony.

## BURBERRY TARTAN, PATCHWORK, SEQUINS

Design wizard Christopher Bailey has once more found new ways to reimagine Burberry's traditional strengths, transforming the trademark trench coat style into a variety of sparkly metallic looks that were anything but military in tone.

There were military coats but they were made of cashmere — trench coats, cape coats, tunics and regimental jackets, some in military blue with red piping, but the looks were feminine, not severe. The collection mixes motifs, often in one outfit: a military style tunic and cape worn over a beautifully made flapper dress that would have served well in a Chicago speakeasy.

Most impressive were some of the colourful sequined tops that shimmered with a metallic sheen on the catwalk and the patchwork skirted mini-dresses, some in floral patterns. "The collection was really a patchwork of everything that I love," Bailey said backstage after the show.

### THE CLASSIC TRENCH COAT REIMAGINED

"The idea of running through a field in wellies was in there. So it was really this mish-mash of all different worlds put together," Bailey added.

ALL PHOTOS: GETTY IMAGES

## INTERVIEW

# Kate Hudson has a new book and she's Pretty Happy with life

As Kate Hudson establishes her own lifestyles empire with a line of athletic wear and a new book, she feels a camaraderie, not competition, with other actors who've made a similar move.

The Oscar-nominated star's new book, *Pretty Happy: Healthy Ways to Love Your Body*, comes after Cameron Diaz's *The Body Book* and Gwyneth Paltrow's weekly lifestyle publication *Goop*.

Then there's Jessica Alba's *Honest Company* and Blake Lively's now-defunct website *Preserve*, to name but a few.

"The truth is, most of the girls you just talked about are literally my girlfriends," Hudson, who also has her *Fabletics* line of sportswear, said in a recent phone interview.

"It's almost like we're like mom buddies and we get ex-

cited about talking about these things. None of them is better than the next one. We're all in it together."

Hudson said she feels "any woman's success is your success, for women."

"So when I see my friends succeed or put a positive message out there, like Jessica and like Gwyneth, it's amazing," said the 36-year-old, who has two sons.

"I'm so proud to be friends with them."

"To see women succeed and have that kind of success in their life should be absolutely celebrated — absolutely celebrated — in this day and age."

*Pretty Happy* is structured around what Hudson calls her "four pillars of health," explaining everything from mindfulness to the benefits of an alkaline diet and Ayurvedic

medicine.

"I think it's more of a dialogue with women, more of an open conversation hopefully about everybody's differences," said Hudson, who won a Golden Globe and got an Oscar nomination for playing socialite Penny Lane in the 2000 drama *Almost Famous*.

Hudson said she wrote the book, in part, because she was frustrated after constantly being asked in interviews what her secrets are to looking so great and not being able to fully explain in a sound bite.

"Everybody always asks me that question: 'What do you do to balance, how do you do this and how do you do that?' and I always feel so weird talking about myself, because I'm aware and I know that that's just not going to work for everybody,"

said the Los Angeles native.

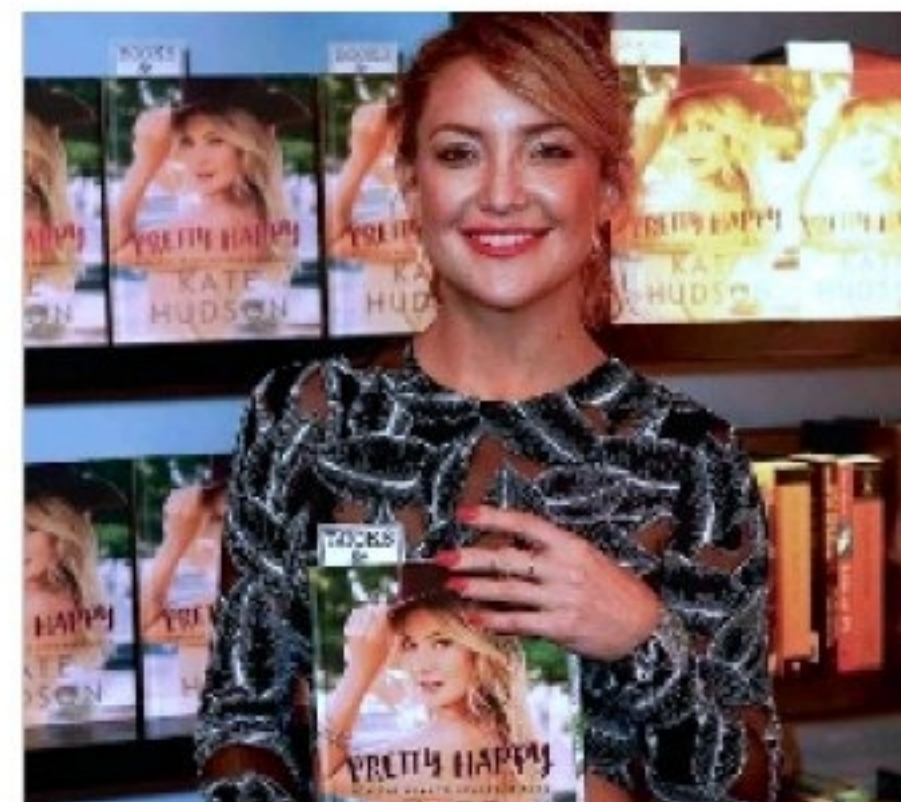
"Instead of it being all these magazines that I get interviewed in and I answer a question and then it gets taken out of context, I really want to put what my philosophy is out there for those who care to read it."

"And then I feel like I don't have to keep saying: 'No, that's not what I meant. No, I don't work out 2 1/2 hours a day. That's impossible. No, I don't eat only vegan.'"

Hudson said she learned the benefits of being active and eating well as a kid. Her mom, Goldie Hawn, and stepdad, Kurt Russell, were role models in that way.

These days, she feels more carefree, self-assured and stronger than when she was in her early 20s.

THE CANADIAN PRESS



Kate Hudson has a line of athletic wear and now a new book outlining what she calls her 'four pillars of health'. GETTY IMAGES



MUSIC

# Kanye takes aim at Canuck producer

Kanye West is firing back at veteran Canadian music producer Bob Ezrin after he published a scathing takedown of the rapper's career.

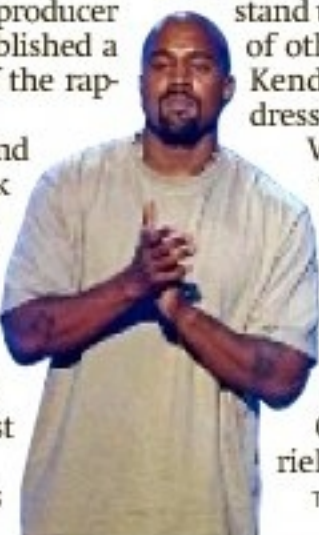
The Juno winner, and co-producer of Pink Floyd's classic "The Wall," wrote an extensive blog post about the outspoken performer, saying that he doesn't think West's music will stand the test of time.

Ezrin says West's

lyrics get a lot of hype but don't stand up against the work of others like N.W.A. or Kendrick Lamar on addressing social issues.

West responded to Ezrin on Twitter, questioning whether anyone has heard of the 66-year-old producer, who has also worked with Alice Cooper, Peter Dinklage and Lou Reed.

THE CANADIAN PRESS



## MUSIC BRIEFS

### Cranberries singer fined

The lead singer of the Irish rock band The Cranberries has been fined \$6,600 for an air-rage incident on a flight from New York to Ireland. Dolores O'Riordan avoided a criminal conviction Wednesday.

The 44-year-old had pleaded guilty in December to assaulting three policemen and a flight attendant during an alleged psychotic episode

last year. She was arrested at Shannon Airport in Ireland after the flight in November 2014. Police said she spat in their faces, head-butted one and kicked the others.

Medical records given to the court indicated she was mentally ill at the time of the altercation. As she was leaving the courtroom O'Riordan urged other people suffering mental illness to seek help.

THE ASSOCIATED PRESS

## JOHANNA SCHNELLER WHAT I'M WATCHING

# Where the wild things are

**THE SHOW:** *The Nature of Things, Wolverine: Ghost of the Northern Forest* (CBC)  
**THE MOMENT:** The Carcass

In the dead of winter in northern Alberta, nature photographer Andrew Manske has been living for 21 days straight in a tiny blind, peeing into bottles to hide his scent, hoping to capture images of wolverines in the wild.

Aggressive, vicious, nocturnal, wolverines are so elusive that, when Manske finally gets a glimpse of them, he posits that his is the first footage of wild ones in North America.

He gets it by staking out the carcass of a deer killed by wolves.

Night after night, wolverines come out to snack, padding on paws as wide as snowshoes. Later, aided by a University of Alberta team who are tagging and tracking wolverines, Manske scores his greatest coup: the first images of a female wolverine with her kits.

Here's the thing about nature docs.

Not only do you learn the stuff they want you to learn — I now know that pound for pound, a wolverine's bite force is stronger than any other land mammal — your mind is always blown by something.

And you never know what that thing will be.

With this one, it began by witnessing how many animals can live off one carcass, and for how long.

Wolverines, wolves, ravens, and lynx all chow down, with a clear hierarchy as to who eats when.

That got me thinking about animals and winter in general.

Do they sigh when it snows? Do they long for spring? Do they even have thoughts?

What is a thought, without words?

And, poof. Mind blown.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

**PHOTO FIRSTS**  
Nature photographer Andrew Manske scores his greatest coup: the first images of a female wolverine with her kits



You learn fascinating things from nature docs, like that pound for pound, a wolverine's bite force is stronger than any other land mammal. CONTRIBUTED

# Queen of Metal tells all

MEMOIR

## Lita Ford on clawing her way to the top of music world

Sue Carter  
For Metro Canada



Lita Ford was only 16 years old in 1975 when she auditioned for a new act called the Runaways, described by its notorious manager Kim Fowley as "an all-girl teenage band of rebellious jailbait 'rock-and-roll bitches.'" Shortly before the audition and meeting bandmate Joan Jett for the first time, Ford had been attacked by gang members in an Arby's parking lot following an exchange of words. She showed up to perform with a blood-red eye and bruised face, and although Ford normally wasn't one to throw punches, her tough, street-fighting reputation was born.

Since then, Ford has been known as a fighter, a label she dismisses as myth. Now, after 40 years in the music business as a pioneering female guitarist, she's decided to set the record straight with *Living Like a Runaway: a Memoir*, published by HarperCollins. The book is a

candid, at times painfully honest tour through her personal life and musical career as the "Queen of Metal."

Ford did have to fight to be taken seriously as a musician, which is one reason why the former Grammy nominee always wanted to write a book. "I started in the music industry as a young girl, not a woman. I wasn't the lead singer, I was the lead guitarist," she says. "I wanted to talk about all the hurdles I had to jump through in a man's world, to try to claw and scrape my way to the top when I just kept getting pushed down."

She spent last summer writing furiously — "I don't even think I took my robe off," Ford says — but was having no luck finding a co-writer with whom she gelled. One she describes as a chauvinist; the other, clueless about music. Then she received fan-mail from Toronto music blogger Martina Fasano. "It was the most incredible fan letter I had ever read. It really touched my heart," says Ford. The letter led to a text, then a phone call, and finally a meeting. Ford asked Fasano to help her out with a

paragraph she was struggling with, which eventually led to the two collaborating on the manuscript. "She was a godsend, that little Italian rocker," says Ford.

Although sex and drugs are requisite material for rock memoirs, it's rare for women musicians to reveal as much as

the lads. Ford is open about her relationships with rockers like Jon Bon Jovi, Eddie Van Halen, and Mötley Crüe's Nikki Sixx, and the copious amounts of drugs on the scene. She writes about physical abuse she allegedly experienced from her ex-fiancé, Black Sabbath guitarist Tony Iommi, and the horrific conclusion to

her second marriage, which ended with Ford becoming estranged from her two sons. Now that the book is out in the world, Ford has no regrets about being so open. "I didn't leave much out," she says. "I wanted people to know my life story, and the people who were in my life that I got to be with, and hang with musically, sexually, and just as friends. I had a lot to say."

Sue Carter is the editor at Quill & Quire magazine.



# JESSE COOK

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MEET THE CONDO

## Royal treatment in Timberlea

### Project overview

Great care and planning was put into Royal Oaks in Timberlea. Here you'll find quiet streets with country-like lots as big as two acres, yet fully serviced. There are kilometres of trails nearby with access to the Nine Mile River, yet a short drive to downtown.

### Housing amenities

All homes EnerGuide rated and feature stone facades and granite countertops. Many models are available including Craftsman style and a variety of custom styles.

### In the neighbourhood

At Royal Oaks there is a great mix of styles and ages of homes in the neighbourhood which is very unique in developments today. Trails are close and it's within walking distance of new Links at Brunello golf course.

### Location and transit

Royal Oaks is in Timberlea, just off Exit 3 on Highway 103, making it a quick drive into the city. This well-established neighbourhood is quiet and nestled away with a great history to explore. Transit is virtually on the doorstep.

### ROYAL OAKS IN TIMBERLEA



### + NEED TO KNOW

**What:** Royal Oaks in Timberlea  
**Builder:** Destiny Homes  
**Location:** Riverview Dr. and Longard Dr. in Timberlea  
**Pricing:** Starting at \$352,000  
**Houses:** Mid-sized to large homes, three to five bedrooms, two and a half (or more)

**bathrooms.**  
**Status:** Model home is already built with eight lots ready to go and 19 more available this year.  
**Sales centre:** 34 Longard Dr., Timberlea  
**Phone:** Rob Monk 902-233-4081  
**Website:** destiny-homes.ca/communities/royal-oaks

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# Ung Svensk Form, and other highlights



As part of an ongoing collaboration with Diesel, Foscarini presented a new version of the Glass Drop ceiling light at this year's Stockholm Furniture & Light Fair. HANDOUT

## DESIGN SHOW

### New talent, established names are showcased

As a region that's world-renowned for its design talent, Scandinavia recently celebrated the art of home interiors in Sweden's capital with the Stockholm Furniture & Light Fair. Here's a look at some of the highlights from this year's event.

#### Guests of honour

Every year the Stockholm Furniture & Light Fair picks a designer as its guest of honor. For this edition, the British design studio Barber & Osgerby was selected to showcase its work at the event, creating a lounge in the entrance hall to the Stockholmsmässan congress center where the fair is held.

Young, up-and-coming designers got a chance to show off their talent in a space called the Greenhouse, designed by the studio Form Us With Love. This area also hosted the Ung Svensk Form



The Kubus candle-holder in nickel. BY LASSEN, COPENHAGEN

(Young Swedish Design) exhibition.

#### Blown glass and tartan

New products on show at the fair included a selection of blown-glass objects from

Foscarini. These included the Caiigo ceiling light by Marco Zito, evoking the morning mist in Venice. Tartan proved another source of inspiration, with a pattern designed by Ludovica

## 40,000

The Stockholm Furniture & Light Fair attracts 40,000 visitors and 6,000 foreign buyers, architects, designers and journalists from more than 60 countries.

and Roberto Palomba. Plus, as part of an ongoing collaboration with Diesel, Foscarini presented a new version of the Glass Drop ceiling light with a white diffuser.

Magis expanded its Officina collection with new chairs from the Bouroullec brothers, using the same wrought ironwork seen in other pieces in the range.

Danish design store By Lassen, Copenhagen presented a nickel version of the Kubus candleholder created in 1962 by Mogens Lassen, a key figure in Danish functionalism.

French designer Inga Sempé presented the w103f lamp designed for Wästberg, featuring modular elements for different configurations.

AFP

## SPONSORED CONTENT

# MAKE A DIFFERENCE IN YOUR ORGANIZATION

After 25 years of practice as an orthopaedic surgeon, Dr. Kevin Orrell was intrigued by an advertisement introducing the MBA in Community Economic Development (CED) at Cape Breton University (CBU). "It was time for me to challenge myself to learn something new," recalls Orrell.

CBU is known for strong business programs and its MBA is viewed as a challenging program that provides grounding not only in business, but also in development, leadership and international management. The special nature of CBU's MBA has made it an attractive program for people who wish to make a difference in both their organizations and their communities.

Orrell enjoyed every minute as a CBU student. The classroom experience was enriched by a diverse student population, which made for very interesting and well-balanced discussions. "The program was comprehensive and versatile enough to accommodate my busy work schedule without taking away from my academic experience," said Orrell. In addition to semesters, the MBA (CED) is delivered as a residency program structured around four-



CONTRIBUTED

intensive weeks in July.

Graduating in October 2015, there were no immediate plans for a change of career. Orrell has always had an interest in the non-profit organizations associated with his profession, hospital and community. "I would have been a much better President of the Canadian Orthopaedic Foundation if I had done my MBA (CED) beforehand," he laments.

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# metr SPORTS

Denver coach Gary Kubiak says he's been in contact with Peyton Manning but isn't pressuring him for a decision about his future

## 'Role model for young girls'

AUS

### Dalhousie star Dunn-Suen aims high on and off court



**Kristen Lipscombe**  
Metro | Halifax

Whether it's expectations, stereotypes or points, Dalhousie Tigers volleyball star Anna Dunn-Suen is spiking them all.

The third-year microbiology and immunology student from Spryfield is serving up excellence both on and off the court, as she is currently ranked second among all Atlantic University Sport players and has twice been named a Canadian Interuniversity Sport Academic All-Canadian.

Dunn-Suen, who plays left side, will help lead the Tigers this weekend as they hit the court in hopes of claiming their fourth straight AUS championship title.

"I've always had a kind of innate want to excel at everything I do, mostly for myself," Dunn-Suen, 20, said Wednesday afternoon inside Studley Gymnasium on the Halifax university campus, where she had arrived early to prepare for Tigers practice.

"Just to be able to push myself and see how much I can accomplish," Dunn-Suen said, adding she's "always had such great support" from her parents, coaches and community.

Dunn-Suen is an outspoken

### SCHEDULE

The 2016 Subway AUS Women's Volleyball Championship runs Friday through Sunday at Acadia University's War Memorial Gym in Wolfville.

The first-place Dalhousie Tigers have a bye to Saturday's semifinals and the fourth-place Saint Mary's Huskies take on the fifth-place Moncton Aigles Bleues in Friday's quarter-finals.

All matches will be webcast live at AUSTV.ca and televised live on Bell Aliant FibreOp TV1 (Channel 1/401). Go to atlanticuniversitysport.com for the full schedule.

promoter of Spryfield, where she attended Chebucto Heights Elementary School, Elizabeth Sutherland School for junior high and J.L. Ilsley High School.

"I'm a very proud J.L. Ilsley grad; I'm a very proud (former) Spryfield resident," she said of the outlying Halifax Regional Municipality community that often finds itself fighting a rough reputation of crime stats and gang wars.

"That's not all that's there. The people that are there, people that really helped me when I was younger, helped me along, it's incredible."

Spryfield is "a strong community," she said.

Dunn-Suen exudes that strength she grew up with, academically, athletically and



Anna Dunn-Suen of Spryfield is a third-year microbiology and immunology student at Dalhousie University and plays left side for the Tigers women's volleyball. JEFF HARPER/METRO

beyond.

Not only is she only shooting for her third straight year on the CIS Honour Roll, which requires student-athletes to have a grade-point average of at least A-minus, but Dunn-Suen is also a Dalhousie President's Scholarship recipient and a member of the prestigious Golden Key International Honour Society.

She's also represented both Nova Scotia and Canada on the

volleyball court, with plans of continuing with the national program and playing overseas before embarking on either dentistry or medical school.

And when she's not competing or studying, Dunn-Suen loves helping young players "fall in the love with the sport" as a volunteer coach or participating in programs such as Help, Learn and Discover, which allowed her to travel to Ecuador to help build homes.

Dalhousie women's volleyball head coach Rick Scott calls his young protégé "very humble" despite all of her success.

"I've coached for 20 years and I haven't coached an athlete that works any harder or is more committed to her sport," Scott said Wednesday before practice.

"As a person, she's just a very thoughtful, caring individual. She's a great role model for young girls."

## Tigers' Gadoury, Huskies' Clark named top rookies

A former Halifax Mooseheads forward is among the hockey players receiving major props from Atlantic University Sport.

Philippe Gadoury, 22, of Greenfield Park, Que., was named AUS rookie of the year Wednesday for his 2015-16 performance with the Dalhousie Tigers. His league-leading 18 goals included five scored on the power play and two game-winners.

Gadoury, who is studying commerce, also had more hat tricks than any other player in

the country this season, with five, according to an AUS news release.

The five-foot-10, 179-pound player tallied 23 points total and had 90 shots on goal in 25 regular-season games played.

Saint Mary's Huskies forward Ben Duffy of Lower Sackville has been named most sportsmanlike player of the year, while St. Francis Xavier X-Men forward Eric Locke of Toronto received a most valuable player nod. X-Men defenceman Nathan Chiarlitti earned the student-athlete com-



AUS rookies of the year, **Rebecca Clark** and **Philippe Gadoury**. CONTRIBUTED

munity service award and the X-Men's Brad Peddle is coach of the year.

The best-of-five semifinals

for the 2016 AUS men's hockey championship start Thursday night, with the Huskies heading to Antigonish to take on the X-Men and the UPEI Panthers visiting the defending champion UNB Varsity Reds.

In women's hockey, Saint Mary's goaltender Rebecca Clark of Keswick, Ont., has received rookie of the year honours.

Dalhousie forward Sarah MacNeil of Albert Ride, N.S., received the student-athlete community service award, while St. Thomas Tommies forward

Kelty Apperson of New Hamburg, Ont., was named most valuable player. St. Francis Xavier X-Women Taylor Dale of Oromocto, N.B., received most sportsmanlike player honours and St. Mary's Chris Larade is coach of the year.

The 2016 Subway AUS women's hockey championship best-of-three semifinals also start this week, with St. Thomas at the Moncton Aigles Bleues on Thursday and Saint Mary's hosting St. Francis Xavier on Friday. KRISTEN LIPSCOMBE/METRO

### IN BRIEF

#### Habs weather Caps rally

Alex Galchenyuk scored two goals, Mike Condon made 33 saves and the Montreal Canadiens topped the Eastern Conference-leading Washington Capitals 4-3 on Wednesday night.

The Canadiens built a 3-0 lead and chased Capitals goalie Braden Holtby in the second period before holding on as Washington tallied two late goals.

Brendan Gallagher and Tomas Fleischmann added goals for the Canadiens, who had lost four of five, and two previous meetings with Washington this season.

THE ASSOCIATED PRESS

#### Raps hand Wolves' Wiggins a loss in return home

The home victories keep coming for the Toronto Raptors.

DeMar DeRozan poured in 31 points to lift the Raptors to a 114-105 victory over Minnesota on Wednesday, tying the franchise record with their ninth consecutive win at Air Canada Centre.

Kyle Lowry added 21 points, while Cory Joseph had 18 points off the bench. Jonas Valanciunas chipped in with 14 points and seven rebounds for Toronto (38-18).

Andrew Wiggins, the reigning NBA rookie of the year from Vaughan, Ont., led the T-Wolves (18-40) with 26 points, while Gorgui Dieng added 21.

THE CANADIAN PRESS

#### Tiger 'progressing nicely' following back surgeries

Tiger Woods posted a video of him swinging a 9-iron in a golf simulator on Wednesday to shoot down rumours on social media that suggested his recovery from back surgeries had worsened to the point he could not even sit in a chair.

The 13-second video was posted on Twitter. "Progressing nicely," Woods wrote.

If nothing else, it provided the first update on Woods since he spoke at the Hero World Challenge early in December.

THE ASSOCIATED PRESS



# RECIPE Spinach and Sundried Tomato Pasta



PHOTO: MAYA VISNIVEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

cheese, plus 1 Tbsp  
• 1 handful of basil leaves  
(about 20), thinly sliced

## Directions

1. Prepare pasta according to package directions in well-salted water. During the last minute of cooking time, drop the spinach and sundried tomatoes into the water. Reserve 1 cup of cooking water then drain pasta.
2. Pour drained pasta and vegetables back into pot and mix in olive oil. Using a microplane, grate garlic into the pasta, add in the umami paste, cheese, and stir. Loosen up your sauce by adding a tablespoon of reserved pasta water at a time until you reach desired consistency.
3. Serve with basil and Asiago sprinkled on top.

FOR MORE MEAL IDEAS, VISIT  
SWEETPOTATOCRONICLES.COM

Don't be fooled by the simplicity of this pasta recipe, it delivers incredibly deep and complex flavours out of the tiny time it demands of you. Which may explain our addiction to it.

## Ready in

Prep time: 5 minutes  
Total time: 20 minutes

## Serves 4

## Ingredients

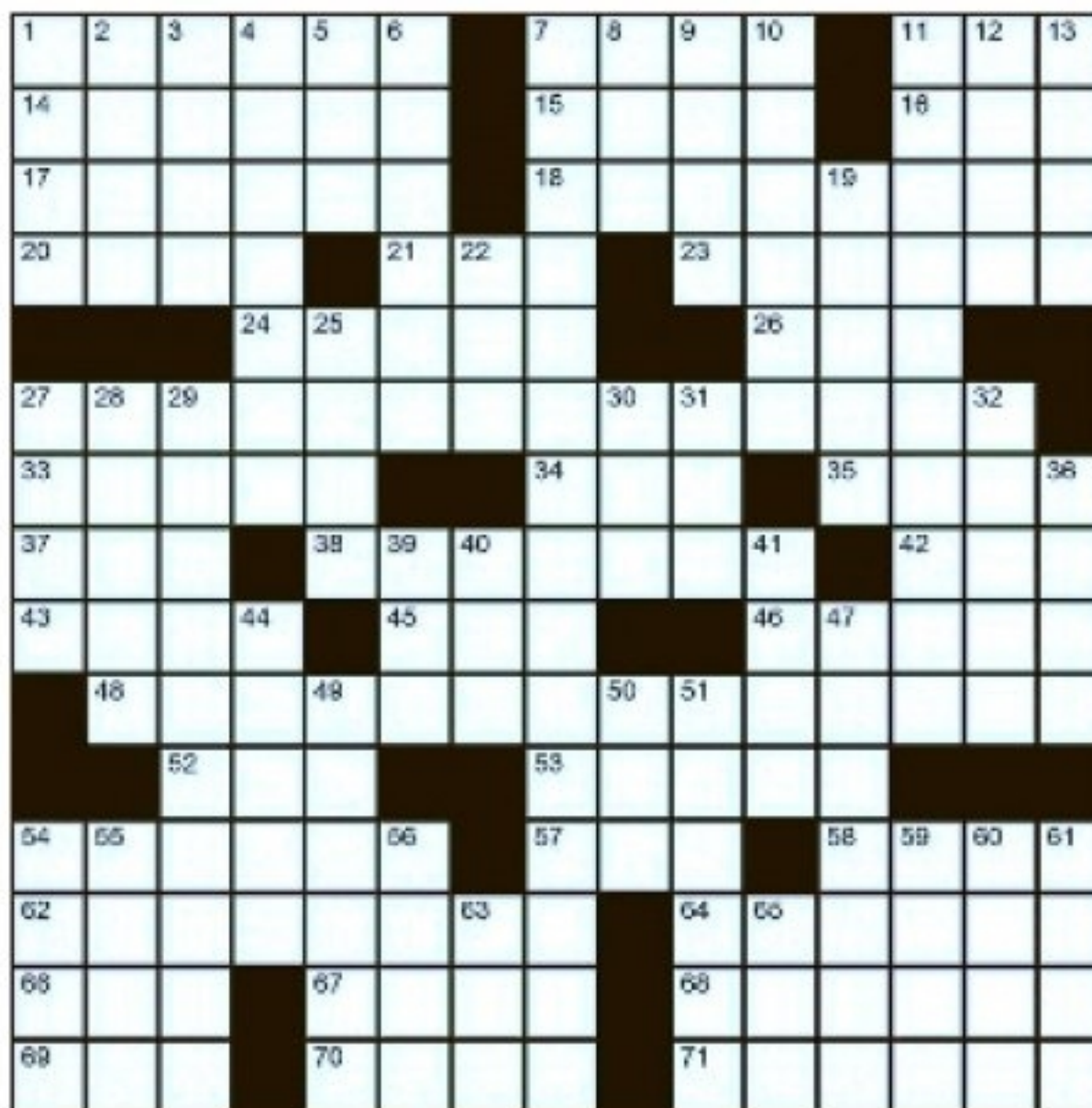
- 500 g penne pasta
- 4 cups baby spinach or arugula
- 1/4 cup sundried tomatoes, diced (not packed in oil)
- 1/4 cup olive oil
- 1 large clove garlic
- 1 tsp umami paste
- 1/2 cup shaved Asiago

# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

## ACROSS

1. Apartment lease signer
7. Bewildered stare
11. Isthmus of \_ (Malay Peninsula part)
14. "Fancy" rapper Iggy
15. "Is that station on FM \_ \_ \_?" ...wondered the radio listener
16. "Well, \_ really."
17. Hat type
18. Bernie Taupin on an Elton John classic
20. Wrapped garment
21. Psychedelic drug
23. B.C.'s \_ Valley
24. Smoulder
26. "Ugh!"
27. Creative trends for adults in the world of publishing now: 2 wds.
33. Contracted 'are not'
34. Cute laugh, when doubled
35. Bother/irritate ...in a typo
37. Idled
38. Canadian band with the 1982 hit "Your Daddy Don't Know"
42. Favourer's vote
43. Hgts.
45. " \_ darn too-tin'!"
46. Mil. rank: 2 wds.
48. It made headlines in the world of rock in 1970: 2 wds.
52. Time off letters
53. Set of values
54. Mr. Kutcher



57. "Wellll...?"
58. Phone nos.
62. Rather embarrassed
64. Cat who hosts #32-Down
66. Ms. Carrere
67. \_-1, "Ghostbusters" (1984) vehicle

68. American inventor Thomas
69. Party-less politician, pun-ly
70. District
71. Lucifer's

## DOWN

1. On-people pix

2. Canadian pundit Mr. Levant
3. Reshmi \_ CBC journalist
4. Sackville, N.B.'s Mount \_ University
5. Omaha's li'l state
6. "Tell It to My Heart" singer Ms. Dayne

7. Populated region around western Lake Ontario as it's known: 2 wds.
8. 'Legend' suffix
9. Golfer's norms
10. Mr. Estevez
11. Bookshelf trinket

12. Santa \_ California
13. Office memo abbr.
19. Wintertime drink by the fire
22. Go downhill
25. Producer/songwriter Mr. Lange
27. House: Spanish
28. Teeth care brand
29. Company's stationery
30. Basic category [abbr.]
31. Wager
32. 'SY' of SYTYCD: 2 wds.
36. Kennel cry
39. Olive of cartoons
40. Celebrity chef Ms. Drummond
41. Margarine
44. Health: French
47. Try that food sample: 2 wds.
49. Saint- \_ (South of France resort)
50. Randy Bachman's '70s gr.
51. \_ Scholar
54. \_ Spumante wine
55. Knee-to-ankle midpoint
56. Album of 1967: 'The Velvet Underground & \_'
59. Queen in "Frozen" (2013)
60. Mr. Trotsky
61. Thesaurus entries, for short
63. RR depot
65. Writer Ms. LeShan

# IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
Progress arrives through taking chances and rejecting traditional ways of doing things. The more others try to persuade that now is not the time to try something new, the more confident you should be.

**Taurus** April 21 - May 21  
Today you will demand to have your say. Others will be so shocked they might actually listen for a change. If not, don't be afraid to shout!

**Gemini** May 22 - June 21  
Be aware of others' doubts but don't let them influence you too much. Have confidence in yourself, with your ruler Mercury in one of the better areas of your chart you won't lack for self-belief.

**Cancer** June 22 - July 23  
For the next 24 hours, others may not be telling you the truth. It does not matter how good a deal you're being offered, if there is the slightest doubt in your mind you must turn it down.

**Leo** July 24 - Aug. 23  
Don't be too hard on people whose beliefs are different from your own. They are as entitled to their way of thinking, so be tolerant. If that's not possible, just stay out of their way.

**Virgo** Aug. 24 - Sept. 23  
You may not take kindly to outsiders telling you how to do things but perhaps on this occasion you should listen. If they are all saying much the same thing it may be a sign that they are on to something. Think about it.

**Libra** Sept. 24 - Oct. 23  
Mercury in Aquarius is still doing wonders for your confidence. Today, go out of your way to show the world what you can do. Don't let anyone tell you that you are aiming too high.

**Scorpio** Oct. 24 - Nov. 22  
This is an emotional time for you. Be careful not to let little, everyday things get you down. Strive to see the good in your life and in everyone you know. It's still there — it just takes a bit more effort to recognize.

**Sagittarius** Nov. 23 - Dec. 21  
Usually you like to hear both sides of every story but today you will come down strongly in favour of one particular viewpoint. Don't beat about the bush — say your piece.

**Capricorn** Dec. 22 - Jan. 20  
You are under no obligation to be nice to someone but realize that they may be useful to you in the near future, so try to stay on good terms.

**Aquarius** Jan. 21 - Feb. 19  
Anything is possible today but that's not an invitation to ignore common sense and take on a task that is clearly not worth the time and energy that will be required to make it work. Be selective in your enthusiasms.

**Pisces** Feb. 20 - March 20  
Don't give away too much information. Play your cards close to your chest and keep those you work with guessing what your next move might be. The less they know the bigger your personal advantage will be.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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